

Richmond Refinery LPS Alert – Prevent Muscle Strains and Sprains - The Safe Zone and LPSA and Warm Up



IPS Control: 1831718,
1916503, 1909741,
1818015, 1786597,
1802694, +

Location: Richmond
Refinery – Multiple
Locations

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Reference:



Hip/ Back Strain - Reaching above shoulders to tighten fitting.



Back Strain - Operator loosening a valve.



Shoulder Strain - Mechanic loosening studs.



Groin Strain - Mechanic lifting bleeder valve to vice.

**Always remember to do your LPSA
– because we care about you!**

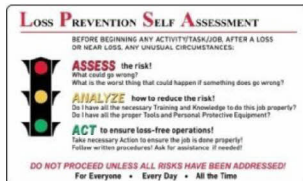
Incident Description:

Since January 2010, at least six workers in Richmond Refinery have sought treatment from the medical clinic for first aid treatment for muscle strains or sprains. Examples of these incidents, include the following:

1. IPS# 1831718, Feb 19 – Employee felt a sharp pain in the upper back while closing a valve. Operations
2. IPS# 1916503, May 3 – Mechanic felt a sharp pain in his lower back. M&R
3. IPS# 1909741, April 25 – Mechanic felt shoulder discomfort the following day. M&R
4. IPS# 1818015, Feb 8 - A contractor was unloading empty drums from a truck when he heard a “pop” in his back. Contract Partner
5. IPS#1786597, Jan 13 – Employee was lifting bleeder blinds to a cart when he felt a pain in his groin area. M&R
6. IPS# 1802694 Jan 26 – Employee was loosening studs on a flange when he felt a straining sensation in the shoulder. M&R

Immediate Actions Taken:

- 1) RSIP/ Ergo performed an assessment of the activities associated with the muscle strains and sprains. During this process, key concepts were developed to share with the working groups in order to help prevent a muscle strain or sprain from occurring in the future.
 - 2) **Key Concepts that may help prevent muscle strains and sprains – Please Review the Recommendations below – these recommendations may have varying impact depending on the individual. Also, check with your doctor for additional information**
 - a. Remind group of “at risk” postures, “The Safe Zone” poster (*below*).
 - b. Review integrating LPSA and a Warm Up prior to any physical activities (*below*).
 - c. “Light weight” items can cause a muscle strain or sprain. Store frequently used tools in a location at waist level and below the shoulder level.
 - d. Limit time (lifting items or doing work activities) above shoulder level , below hip, or in non-neutral postures. Take frequent micropauses (5-10 seconds) to return to “neutral spine”.
 - e. Be aware of your personal safe functional limits. Test the load and ask for assistance or mechanical assistance if needed.
 - f. Maintain abdominal strength and hamstring flexibility for improved spinal alignment (Find out more about the Richmond PT program at the fitness center).
 - g. Personal stress/ illness can contribute to increasing risk for having a muscle strain or sprain. Conduct an LPSA if you are feeling weak or distracted by a health or fatigue concern.
- The “Safe Zone” and “LPSA and Warm Up” Posters will be placed in refinery locations to remind workers of ways to prevent muscle strains and sprains from occurring.



[The Safe Zone Poster – Click Here to view](#)
[LPSA and Warm UP – Click Here to view](#)

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